metro
NEW YORK CITY NO. 1 FREE DAILY IN THE U
Monday, August 20, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

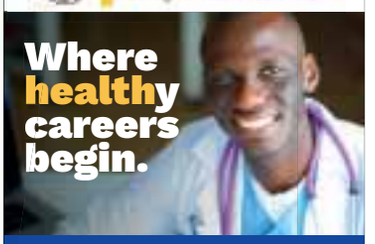
MTV VMAS

The most shocking moments, from Madonna to Kanye. 14

Color Factory is more than just another Instagram pop-up. 12

Bookies tab Giants, Jets as two favorites for Khalil Mack. 16

Swedish Institute College of Health Sciences



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'NOTHING TO HIDE'

On Sunday, President Donald Trump compared Special Counsel Robert Mueller's investigation to 'McCarthyism.' 4

GETTY IMAGES

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So do our students.

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5 THINGS TO KNOW

WELCOME TO METRO.US

NIKKI M MASCALI, REPORTER

Christmas, as of today, is 127 days away. And while I'm a staunch believer in not discussing, decorating or even thinking about and shopping for the holidays until I wake up from my Thanksgiving coma, I'm actually a bit excited to get an early start this year after attending Amazon's recent holiday preview. Check out page 8 or **metro.us** to see what we hope to give (and receive) this year.

FIRE THAT CLOSED PARTS OF YOSEMITE CONTAINED

1 A massive and deadly California wildfire that sent choking smoke into Yosemite National Park, causing a temporary closure of large parts of the tourist destination, is completely contained, fire officials said on Sunday. More than 3,000 personnel have battled the Ferguson Fire, which ignited on July 13 and has burned through nearly 97,000 acres of steep slopes and bone-dry terrain southwest of the park, the California Department of Forestry and Fire Protection, or Cal Fire, said. Two firefighters were killed while tackling the blaze and 19 others injured, it said. Cooler weather and calmer winds in recent days have helped firefighters in California and other western states get a handle on major blazes, according to authorities. "The weather is helping the fires to lay down and they [firefighters] are able to get better containment lines around them," said Lynnette Round, a Cal Fire spokeswoman. The heart of Yosemite National Park, shut for nearly three weeks due to the Ferguson Fire, was reopened to the public on Tuesday.

OK STORM INJURES 14, CANCELS BOY BAND SHOW

2 An outdoor concert in Oklahoma featuring '90s boy band favorites Backstreet Boys and 98 Degrees was canceled on Saturday after an intense storm struck the area and injured at least 14 people, venue officials said. "We never want to put our fans in harm's way and with tonight's weather and the injuries from earlier, we have decided to cancel the show and will attempt to reschedule," the Backstreet Boys said on the band's Twitter page. Patrons at the sold-out show held at the WinStar World Casino and Resort in Thackerville, nearly 130 miles south of Oklahoma City, were asked to seek shelter at around 5 p.m. local time when lightning appeared within four miles of the casino, the resort said in a statement. About 150 people ignored the warnings and continued to wait in line for the show. "At approximately 5:30 p.m., the storm hit and knocked over the concert entrance trusses with 70 to 80 mile an hour winds and heavy rain," resort officials said in a statement. Fourteen people were treated at the scene and taken to local hospitals. Two have been released, officials said.

STATEN ISLAND ADVANCES IN LLWS

3 The Mid-Atlantic team from Staten Island moved one step closer to becoming Little League World Series champions when they knocked off Houston, Texas, 2-1, on Sunday in WIlliamsport, Pennsylvania. The win puts Staten Island in the winner's bracket. The tem's next game is Wednesday night.

GETTY IMAGES

BODIES FOUND 5 DAYS AFTER BRIDGE COLLAPSE

4 Rescue workers found the bodies of three members of a family in the wreckage of Genoa's collapsed motorway bridge early on Sunday - the last people reported missing in the disaster, bringing the death toll to 43. The bodies were recovered from a car crushed under slabs of concrete, the Genoa prefecture said, five days after a 200-meter section of the Morandi bridge gave way in busy traffic, plunging vehicles and debris to the ground 165 feet below. Nine people are still in hospital, four in a critical condition, the prefecture added. All those listed as missing had now been accounted for, but crews would keep looking just in case, fire brigade official Stefano Zanut told Sky TG24. "We won't stop. Our work continues in order to have the full certainty that nobody has been left under the rubble," he said. Workers were also making the site secure and helping investigations to establish the cause of the disaster, he added. The viaduct was part of the A10 motorway linking the Italian port city with the French border to the west and was managed by toll-road operator Autostrade per l'Italia, a unit of infrastructure group Atlantia.

FORMER UN CHIEF KOFI ANNAN DIES AT 80

5 Former U.N. Secretary-General and Nobel Peace Prize laureate Kofi Annan died on Saturday at the age of 80, his foundation said, after decades of championing efforts to try to end protracted conflicts in Africa, Asia and the Middle East. Annan, a Ghanaian national, died in hospital in Bern, Switzerland, in the early hours, his close associates said. In Geneva, the Kofi Annan Foundation announced his peaceful death after a short undisclosed illness with "immense sadness", saying he was surrounded in his last days by his second wife Nane and children Ama, Kojo and Nina. After rising through the ranks of the United Nations, Annan served two terms as U.N. Secretary-General in New York from 1997-2006 and retired to live in a Swiss village in the Geneva countryside. His 10-year-old foundation promotes good governance and the transformation of African agriculture. "In many ways, Kofi Annan was the United Nations. He rose through the ranks to lead the organization into the new millennium with matchless dignity and determination," U.N. Secretary-General Antonio Guterres said.

STATS

MTV

QUEEN OF POP

The MTV Music Awards will take place at Radio City Music Hall in NYC on Monday. And even though Madonna is known as the Queen of Pop, this title of nobility rather fits to Beyonce, at least when it comes to the success on their music videos.

● Awards won with Destiny's Child ○ Nominatons 2018

Beyoncé	●●●●●●●●●●●●●●●●●●●●●●●●●●●●●●○○○○○○○○○ 26|8
Madonna	●●●●●●●●●●●●●●●●●●●●●●●● 20|0
Lady Gaga	●●●●●●●●●●●●●● 13|0
Peter Gabriel	●●●●●●●●●●●●●● 13|0
Eminem	●●●●●●●●●●●●●○ 12|1
Justin Timberlake	●●●●●●●●●●●●○○ 11|2
R.E.M	●●●●●●●●●●●●● 12|0
Cardi B	○○○○○○○○○○○○○ 0|12
Green Day	●●●●●●●●●●●● 11|0
Aerosmith	●●●●●●●●●●● 10|0
Fatboy Slim	●●●●●●●●●● 9|0
Janet Jackson	●●●●●●●●●● 9|0

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Comparing Mueller to McCarthy, Trump says he has 'nothing to hide'

The president continues to deny his campaign colluded with Russia.

GETTY IMAGES

President Donald Trump said on Sunday he had "nothing to hide" from the special counsel investigating Russian interference in the 2016 U.S. election, and denied that his top lawyer had turned on him by cooperating with the probe.

Trump, in a series of tweets, denounced The New York Times for a Saturday story saying White House Counsel Don McGahn has cooperated extensively with the special counsel, Robert Mueller. The Times said McGahn had shared detailed accounts about the episodes at the heart of the inquiry into whether President Donald Trump obstructed justice.

"I allowed him and all others to testify — I didn't have to," Trump said in a tweet. Trump said the newspaper made it seem like McGahn had turned on the president — as White House counsel John Dean had in the Watergate investigation of former president Richard Nixon — "when in fact it is just the opposite."

Citing a dozen current and former White House officials and others briefed on the matter, the Times said Saturday that McGahn had shared information, some of which the investigators would not have known about.

On Saturday evening, McGahn's lawyer confirmed the White House counsel had cooperated with Mueller's team. "Mr. McGahn answered the Special Counsel team's questions fulsomely and honestly," William Burck said, explaining the president did not ask McGahn to refrain from discussing any matters.

Trump's outside legal counsel, Rudy Giuliani, said McGahn's cooperation would help bolster Trump's claims that he did nothing wrong.

"The president encouraged him to testify, is happy that he did, is quite secure that there is nothing in the testimony that will hurt the president," Giuliani said on NBC's "Meet the Press."

According to The New York Times, McGahn in at least three voluntary interviews with investigators that totaled 30 hours over the past nine months, described Trump's furor toward the Russia investigation and the ways in which the president urged McGahn to respond to it.

Trump denies his campaign colluded with Russia and has repeatedly attacked the probe as illegitimate.

On Sunday, he compared Mueller with 1950s-era U.S. Sen. Joseph McCarthy, whose anti-Communist crusade eventually led to his censure by the Senate.

"Study the late Joseph McCarthy, because we are now in a period with Mueller and his gang that make Joseph McCarthy look like a baby! Rigged Witch Hunt!" Trump wrote on Twitter.

The newspaper reported McGahn's motivation to speak with the special counsel as an unusual move that was in response to a decision by Trump's first team of lawyers to cooperate fully. But it said another motivation was McGahn's fear he could be placed in legal jeopardy because of decisions made in the White House that could be construed as obstruction of justice. REUTERS

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Artists pound sand at Coney Island's sculpting competition

Despite the overcast day, many flocked to the beach and boardwalk to watch sand sculptors.

SARAH LUOMA
letters@metro.us

A sand sculptor creates at Coney Island's sand sculpting competition BESS ADLER

The Coney Island sand sculpting competition celebrated its 28th year on Saturday, drawing a crowd as both amateur and semi-professional sculptors took part in the event held near the boardwalk between W. 10th and W. 12th streets

Onlookers and spectators of all ages enjoyed the competition and the beach despite the overcast day. Organized and sponsored by the Alliance for Coney Island, the NYC Department of Parks & Recreation, Brooklyn Community Services, and Astella Development Corporation, contestants were given four hours to create their work of art sculpted out of sand.

The sand sculptors were seen using a handful of techniques and tools, from craft paints to shovels and trowels, in an attempt to create a winning masterpiece. Onlookers combed the beach, wandering from one creation to the next with curiosity as the clock ticked down to deadline.

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Doctors Urge Knee Pain Sufferers

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

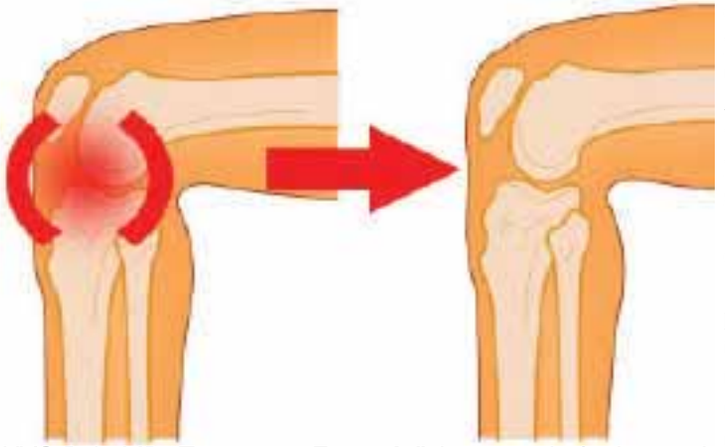
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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ALL PHOTOS NIKKI M. MASCALI

10 holiday gifts we can't wait to give and receive this year

It's never too early to start making your holiday gifts list and checking it twice.

NIKKI M. MASCALI
nikki.mascali@metro.us

Like it or not, the 2018 holidays are right around the corner — as of today, in fact, Christmas is 127 days away. If you've vowed to get ahead of the game this year, you're in luck: We're here to share some of the holiday gifts we're looking forward to giving (and receiving) this year.

Yes, we're well aware it's August, but we got into the spirit a few months early after Amazon recently hosted its holiday preview that was complete with snow-covered trees, highly Instagrammable dangling lights and festive décor displaying sneak peeks of trendy gift ideas for 2018.

Holiday gifts we want to give and receive include:

• **Go for the gold**
Gold is this season's "it" color, from entertaining with Fortessa Lucca stainless steel flatware ($39.99) and adorning walls with the Rivet hexagon tealight holder ($39.99) to expectant parents tricking out their nursery with the Babyletto Jubilee 3-in-1 convertible crib ($599).

• **Fire it up**
For those with coveted outdoor spaces, Legacy Heating has propane-run fire pit tables perfect to roast chestnuts on an open fire — or have a cozy-warm dinner atop it. ($299-up)

• **A roaring ride**
Kids can harness the power of Blue the Velociraptor with Power Wheels Jurassic World Dino Racer, a battery-powered ride-on vehicle that can take a chomp out of all kinds of terrain. The only drawback is it's not for adults! ($227-up)

• **From gym to drinks**
Athleisure is a hot fashion trend, and with Misty Copeland's fast-drying signature bodysuit from Under Armour, one can go straight from the gym to brunch and everywhere in between. ($150)

• **Wireless whimsy**
You won't have to quite eat your words for breakfast, but the non-stick and easy to flip Keyboard Waffle Iron will make for a fun way to start the day. ($60)

• **Fry in style**
Air fryers remain a trendy kitchen appliances these days as they cut fat by 70 percent or more, and Dash is at the top of the game with its compact and colorful versions that'll look great on your counter while feeding your fried-food cravings. ($75)

• **Make some music**
Disney's "Coco" was one of 2017's biggest movies, and it inspired one of this year's cutest gifts: the Coco X Cordoba acoustic guitar that's perfect for beginners and features laser etchings that play homage to the Mexican heritage found in the film. ($145)

• **Build your unicorn army**
With unicorns like these, who needs friends? Unstable Unicorns is a strategic card game for ages 14 and up that pits players against each other as they race to be the first to build a seven-unicorn army. ($20)

These holiday gifts are available at amazon.com. Prices may vary.

ALL PHOTOS DOLLY LENZ REAL ESTATE

For $24.5M, you can live directly below the president in Trump Tower

In New York City, you never know what you're going to get when it comes to your upstairs neighbor. But the person who moves into 64/65AB in Trump Tower will get to say they live directly below President Donald Trump.

The apartment on the 65th floor of Trump Tower at 721 Fifth Avenue has hit the market for $24.5 million, Page Six reported. Real estate sources told the outlet they believe the swanky pad with great views is below Trump's bedroom in the three-story penthouse he called home before moving into the White House.

The apartment occupies two stories and is being sold by a billionaire banker from Oklahoma via Dolly Lenz Real Estate.

According to the listing, the 6,100-square-foot home has five bedrooms, five bathrooms and one half-bath. It encompasses the entire southern face of the 64th and 65th stories and has floor-to-ceiling windows throughout.

In addition to Trump having his three-story personal residence with his wife Melania and youngest son Barron on the penthouse floors, Trump Tower has seen its share of other big-name tenants over the years.

Among them are Chuck Blazer, former president of soccer's governing body in North and Central America and the Caribbean, had two apartments on the 49th floor, including a $6,000-a-month place used mostly by his cats. His former organization, the CONCACAF, is the sole occupant of the 17th floor.

In August 2015, legendary footballer Christiano Ronaldo purchased an $18.5-million apartment.

Michael Jackson rented a high-floor duplex for 10 months in the mid-1990s, The New York Times reported, and had dinner at Le Cirque with the future president soon after he moved in.

Late-night legend Johnny Carson moved out of Trump Tower in 1987 after feuding with Trump over his expensive coat that went missing.

Before moving out in 2010, "Cats" and "Phantom of the Opera" composer Andrew Lloyd Webber had an apartment on the 59th and 60th floor for 17 years.

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the GRUMBLE

Pat King
Grumble Editor

ISTOCK

GRUMBLES GALORE: A RAPID-FIRE GRUMBLE SESSION
These are things that drive me insane.
1 People walking around with their faces in their cellphones. ESPECIALLY when walking up crowded subway staircases. If we all looked up and focused on walking up the stairs, we would get there much faster. Also, people walk into each other for the very same reason.
I think this goes back to Yolanda's point about the fact that no one says anything to each other anymore. They are so into their phones they are isolated from the rest of the world.
2. Also backpacks in the subway.
3. And people who don't hold on to the pole but are unbalanced the whole ride, rocking into you.
- Sophia, *Metro New York reader*

BANK ATMS AFTER HOURS
My Grumble is about trying to get to bank ATMs that are inside. Why does it seem like whenever I try to access an ATM after hours, my ATM card NEVER works when I slide it in to unlock the door?! Am I putting my card in wrong?! The stripe on the back of the card matches up with the picture of how to put your card in, so why isn't it working?!
- Keilin Huang, *Metro US reader*

GET AWAY FROM THE TRAIN DOORS!
People standing at the subway doors blocking entry and exit and have the nerve to complain when anyone touches/brushes them in trying to get on/off trains. **- Delores**, *Metro US reader*

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TOMORROW'S PHOTO:

The winning caption from Kim Devitto, *Metro Boston reader* | ALL PHOTOS GETTY IMAGES

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Aries You can spin things in your favor if you think matters through and execute your plans with precision. A celebration will encourage you to spend more time with a loved one.

Taurus If you want to make a difference, go about it the right way. Put more muscle into your work instead of talking a lot and expecting others to do the labor.

Gemini Changes at home will improve your relationship with a loved one. Altering your lifestyle and sharing your feelings will open a window of opportunity that you didn't expect.

Cancer Expand on one of your ideas and consider forming a partnership with someone who can help you advance your interests. Don't let a negative attitude stand in your way.

Leo Get together with old friends or colleagues but avoid any situations that could lead to indulgent behavior or involve someone who tends to be a bad influence.

Virgo Step outside your comfort zone and attend an event that can help you get ahead. Networking and signing up for courses will help you discover new interests and meet new people.

Libra Find a way to bring about positive change to your community or environment. Addressing issues of concern will help you understand the challenges involved and how to deal with them.

Scorpio Look for the good in everyone and learn through observation. Creative endeavors and making changes at home that suit your lifestyle are favored.

Sagittarius Take a break, visit a place you've never been or set up a meeting. A money matter should be resolved before you invest in something new.

Capricorn Talk to someone in an authoritative position and find out your best options. Taking care of contracts, money matters or health concerns will help eliminate stress and ease your mind.

Aquarius Put more effort into how you look and feel. Set up a routine that is geared toward a healthy lifestyle. Make plans to discuss your goals with a loved one.

Pisces Keep your emotions tucked away somewhere safe. You don't want to appear vulnerable if someone is trying to take advantage of you. Avoid joint ventures. You are better off doing your own thing. EUGENIA LAST

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Color talk

Pool Room

It's been a good summer for reconnecting with your inner child and filling up your Instagram with enviable photo ops between Candytopia, Rose Mansion, Believe in Your Selfie Museum, Dream Machine, Happy-Go-Lucky Exhibit and many more pop-up galleries. The latest, Color Factory, arrives with a lot of hype after its successful run in California, but what you'll find inside is way more than just pretty backdrops.

First of all, don't come to Color Factory alone. Bring your bestie, the friend you've been meaning to get together with, your significant other, your mom — anyone you've wanted to connect with. Color Factory is designed to be shared. In one room, you sit facing each other as instructions are given for a color-based activity via headphones.

City life trains you not to make eye contact with strangers, but when is the last time you really looked at the people in your own life? In another, there are paired tastings of unique candies from Sockerbit. And who wants to groove to Pharrell's "Happy" on a glowing dance floor by themselves?

Another thing to know: Give yourself plenty of time. It takes about an hour and a half to go through the 20 exhibits, and there's plenty of details to linger on if you're a true art enthusiast. Each room inside Color Factory is the interactive creation of a local artist, and you can feel the thoughtfulness and creative process at work.

There's an echo chamber of xylophones tuned to play "the perfect cadence," a flowchart laid out on the floor and walls to discover your path to your personal color (Sunrise or sunset? Glass half empty or half full?), a blue-hued "pool" room of 500,000 plastic balls with blue-themed puns and references painted around the room (a silhouette of Elvis for Blue Suede Shoes, a string of characters and punctuation for blue language). Color Factory rewards exploration, and not everything is meant to be photographed — some things you just need to enjoy in the moment and share a laugh of discovery.

Color Factory opens Aug. 20 at 251 Spring St. in SoHo. Hours are Thurs-Tues 10 a.m.-11 p.m. Tickets are $38 and must be purchased in advance.

The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

NEW YORK CITY - A major back pain relief opportunity is at hand. But if you are interested, you must act quickly.

Here is why: Back pain ruins lives... and puzzles doctors.

You go through so many exams and tests... and treatments... and only end up suffering and frustrated.

And everyone is quick to say they have the "new breakthrough solution."

Am I right?

Well, the fact of the matter is... treating back pain is difficult. But advances in modern medical science and technology have created a treatment that has gotten great results with countless back pain sufferers who had tried everything else. Many had given up hope.

This treatment is called: "Radiofrequncy Neurotomy." RF for s short. And here's how is works...

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Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

You see, the real secret is the formula. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is… It's FREE

FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on… and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients The only problem is… they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes its hard to get through. If you don't get through to someone when you call… keep calling… or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one… or a combination of the advanced medical treatments offered at NYC Pain MD.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone… so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or not being rich or famous… to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So… if you are even remotely interested … take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252.** More info at: *painmdny.com/back-pain*

The most shocking moments in VMAs history

Warren Beatty's Best Picture flub at the 2017 Oscars may have been one of the more memorable moments at an awards telecast, but even with the academy's controversial move to embrace popular movies with a new category, none of it will compare to the MTV Video Music Awards.

Commonly referred to as the VMAs, MTV's own trophy-giving ceremony has been going strong since its debut in 1984. And during just about every single telecast since, the event meant to celebrate music and popular culture has never strayed too far from controversy.

Here's a short list of shocking VMA moments.

Madonna performs at inaugural ceremony

The single-named pop star wasn't the only musician to perform in 1984, but her rendition of "Like a Virgin" was by far the most talked-about. Donning a wedding dress/bustier, along with various garters and other lingerie, Madonna sang the song while standing atop a giant mock wedding cake. She then came down to the stage and writhed around on the floor, while briefly flashing the audience.

Robin Thicke and Miley Cyrus get gross

It wasn't the first time Miley Cyrus would shock audiences at the VMAs, but it was surely one of the most striking. Following a performance of her song "We Can't Stop" in 2013, Robin Thicke joined Cyrus on stage for his already-controversial song "Blurred Lines." To the surprise of everyone in attendance, including Thicke, she began twerking on the singer's crotch. Between the apparent cultural appropriation and the pair's age different, it was … something.

The 2018 MTV Video Music Awards will air Monday, August 20 at 8 p.m. GETTY IMAGES

Kanye storms the stage

In 2009, newcomer Taylor Swift took home the trophy for Best Female Video. Unfortunately for her and everyone watching, rapper Kanye West thought Beyonce should have won. So he stormed the stage, took the mic from Swift and declared: "Yo, Tay, I'm really happy for you, and Imma let you finish, but Beyonce had one of the best videos of all time!" When Beyonce later won Video of the Year, she called Swift back on stage to let her finish.

Madonna smooches Britney and Christina

Most Millennials remember where they were, or what they were doing, when Madonna returned to the 2003 VMAs for a medley of "Like a Virgin" and "Hollywood." Not so much because of Madonna herself, but because of who accompanied her: Britney Spears and Christina Aguilera. Madonna turned the tables on the first song by playing the groom, while Spears and Aguilera doubled as her brides, and at the end of the number, all three kissed. ANDREW HUSBAND

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Want to ignite your child's imagination? Help them start a band

How rocking out can lead to success.

PAT KING
patrick.king@metro.us

We all love music. But does society still value musicians the way it used to in the past?

A study by Citigroup found the music industry pulled in $43 billion in 2017. So there is still money rolling in. What's most shocking is that only 12 percent of that money went to the musicians who created it. But should that dissuade anyone who is interested in creating their own music?

Teaching the values of learning a musical instrument can have positive effects on a student's learning processes. According to a study by the University of Kansas in 2007, students in schools with high-quality music programs scored "22 percent higher in English and 20 percent higher in math on standardized tests, compared to schools with low-quality music programs." Aside from that, music programs can also have the same grounding and formative experiences as playing a team sport.

One program that is taking the extra step is the Come Join the Band afterschool program that meets at Manhattan's recording and rehearsal space Smash Studios. This program was created as a partnership between musician Stephen Jacobs, who's known for his band The Dirty Sock Band that has appeared on Nick Jr. and PBS as well as his award-winning education program Kids Creative, and Smash Studio's owner Clay Sheff in order to teach children ages 5-18 how to create music in a fully functional rock 'n' roll band.

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The environment the program provides is one of total immersion in order to nurture each student's creativity. There's no shaming for mistakes during practice. Instead, they use those hurdles as teachable moments on how to overcome them. "One of the things about learning an instrument is that when you're at home it's a very solitary experience," says Jacobs, "but, when you're in a program like Come Join the Band every week, you have a reason to practice. You have a reason to work hard."

Both Jacobs and Sheff work with their students' bands on writing their own music as well as learning covers in order to get them inspired to create more. Once the bands are in fighting shape, Jacobs and Sheff work to get them gigs at clubs all over the city as a way to show them how easy it can be to overcome stage fright and to present what they've been working so hard on.

"What we see happening," explains Jacobs, "is that the kids' confidence in themselves grows because they are so free to try things. Whether they fail or succeed, it's actually the process of doing it that matters to them."

So far, this process has produced tremendous results: Jacobs and Sheff found that 100 percent of the students enrolled in this program last year were accepted into the LaGuardia High School of Music and Performing Arts and other top high schools such as Beacon, Talent Unlimited and Frank Sinatra.

Many of Jacobs' students over the years have also gone on to perform on Broadway and other artistic venues. There is only room for growth with this program, as Sheff and Jacobs plan to expand it to help both children with special needs rock out as well as adults who've always dreamed of picking up an instrument get onstage to live out those air-guitar moments in front of an audience.

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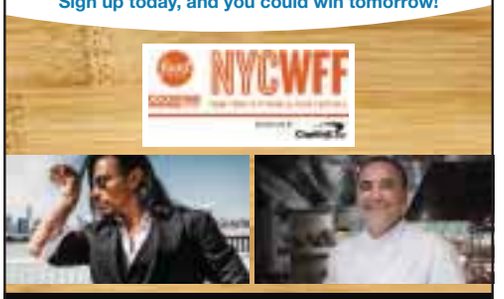

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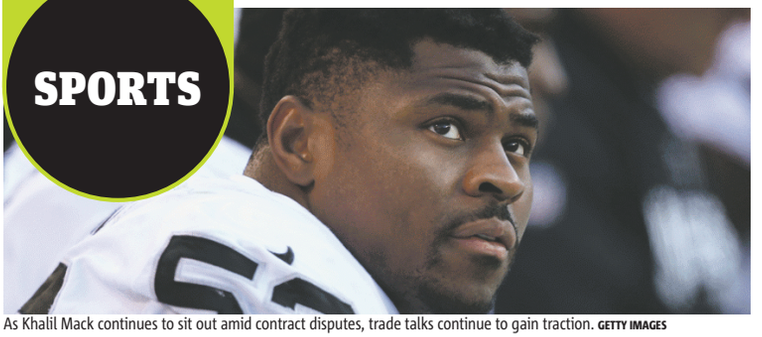

As Khalil Mack continues to sit out amid contract disputes, trade talks continue to gain traction. GETTY IMAGES

Odds say Giants, Jets have chance at Mack

The Raiders star defensive end could be traded this year.

JOE PANTORNO
joseph.pantorno@metro.us

Oakland Raiders star defensive end Khalil Mack is still nowhere to be found as the NFL preseason got underway last week.

The 2016 NFL Defensive Player of the Year is currently in search of a new contract as the current deal that expires at the end of the 2018 season will pay him $13.8 million. That base salary is the fourth-highest among defensive ends in the league in 2018 and 12th among all players.

Mack — who has put up a combined 36.5 sacks over the last three seasons — is reportedly looking for an annual average salary of $22 million in a new deal, according to NFL analyst Michael Lombardi.

The Raiders and head coach John Gruden have not been in any sort of talks with the three-time Pro Bowler, though. With the 2018 regular season less than a month away, it has led to the idea of a trade gain more and more traction.

The longer Mack and the Raiders keep up this silence, the more likely a trade could happen. The bookmakers in Vegas are wasting no time, either, as odds for Mack's future team have been released.

What team will he be on come Nov. 1, 2018? Here are the odds

PACKERS: 3/1
RAIDERS: 4/1
JETS: 7/1
BILLS: 7/1
REDSKINS: 7/1
STEELERS: 10/1
GIANTS: 10/1
ANY OTHER TEAM: 4/1

The Packers are the surprising frontrunners to acquire Mack before Week 9 of the regular season with all three New York teams, the Giants, Jets and Bills, not too far behind as well.

It would obviously take a pretty penny to acquire such a talent via trade, especially one who is entering the prime of his career at 27 years old.

Not only would Mack's new team have to quickly sort out a contract extension to ensure he doesn't hit unrestricted free agency in the winter of 2019, but they would have to give up a few big pieces just to get him from Oakland. It would likely come in the form of a first-round pick and more.

**Odds courtesy of MyBookie.AG*

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Plaintiff, vs. DONALD LI-A-PING; PATRICIA LI-A-PING, ET AL.,
Defendant(s).
Pursuant to a Judgment of Foreclosure and Sale duly filed on July 20, 2018, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on September 21, 2018 at 10:00 a.m., premises known as 119-27 145th Street, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 12025 and Lot 99.
Approximate amount of judgment is $325,888.69 plus interest and costs. Premises will be sold subject to provisions of filed Judgment Index # 705854/2016.
Gary M. Darche, Esq., Referee
Knuckles, Komosinski & Manfro, LLP,
565 Taxter Road, Ste. 590, Elmsford, NY 10523,
Attorneys for Plaintiff
Cash will not be accepted.

LEGAL NOTICES

NOTICE OF SALE
PUBLIC AUCTION
Supreme Court of New York, QUEENS County
WELLS FARGO BANK, N.A., SUCCESSOR BY MERGER TO WACHOVIA MORTGAGE FSB, FORMERLY KNOWN AS WORLD SAVINGS BANK, FSB, Plaintiff, -against- RAYMON MCADAM A/K/A RAYMOND MCADAM; SEETA MCADAM; NEW YORK CITY PARKING VIOLATIONS BUREAU; CITIBANK SOUTH DAKOTA NA; LVNV FUNDING LLC A/P/O HOME DEPOT; MIDLAND FUNDING LLC; MS. MCADAM (FIRST NAME REFUSED),
Index No. 707788/2015.
Pursuant to a Judgment of Foreclosure and Sale duly dated, November 14, 2016 and entered with the Queens County Clerk on December 12, 2016, as amended by an Order Substitution Referee duly dated March 31, 2017 and entered with the Queens County Clerk on May 2, 2017, Luther V. Dye, Esq., the Appointed Referee, will sell the premises known as 94-22 110th Street, Richmond Hill, New York 11419 at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, New York 11435, on September 7, 2018 at 10:00 A.M.
All that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York known as
Block: 9393; Lot: 16
will be sold subject to the provisions of filed Judgment, Index No. 707788/2015.
The approximate amount of judgment is $372,631.75 plus interest and costs.
FRIEDMAN VARTOLO LLP
85 Broad Street, Suite 501,
New York, New York 10004,
Attorneys for Plaintiff.

NOTICE OF SALE
SUPREME COURT
COUNTY OF QUEENS,
CENTRAL MORTGAGE COMPANY, Plaintiff, vs.
TEOFILO MENDEZ, GLORIA HEREDIA DE MENDEZ, ET AL.,
Defendant(s). Pursuant to a Judgment of Foreclosure and Sale duly filed on January 03, 2017, I, the undersigned Referee will sell at public auction at the Queens County Supreme Court, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on September 14, 2018 at 10:00 a.m., premises known as 5509 97th Place, Corona, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 1906 and Lot 19.
Premises will be sold subject to provisions of filed Judgment Index # 5557/13.
Dominic A. Villoni, Esq., Referee
Berkman, Henoch, Peterson, Peddy & Fenchel, P.C.
100 Garden City Plaza
Garden City, NY 11530
Attorneys for Plaintiff.

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LEGAL NOTICES

ANTI-DISCRIMINATION NOTICE

In accordance with Federal and New York State laws and regulations, Brooklyn Gardens Nursing and Rehabilitation Center observes that no person shall, on the grounds of race, color, national origin, sex, age, sexual orientation, gender identity, religion, creed, disability, marital status, blindness, source of payment, or sponsorship, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity provided by the facility, including but not limited to, the admission, care, and retention of residents.

NOTICE IS HEREBY GIVEN that a license, Serial # 1312703, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 25 Bond St., Brooklyn, NY 11201. Kings County, for on premise consumption. Los Tacos Brooklyn LLC.

NOTICE IS HEREBY GIVEN that a license, Serial # 1312604, for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail under the Alcoholic Beverage Control Law at 15 East 28th St., New York, NY 10016. New York County, for on premise consumption. Bourke Street Bakery LLC.

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LEGAL NOTICES

NOTICE OF FORMATION of Thermidor Consulting, LLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on March 8, 2018. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 405 East 77th Street, Apt. 10, New York, NY 10075. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN that a license, Serial # 1312566, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 420 Kent Ave., Brooklyn, NY 11249. Kings County, for on premise consumption. Sea of Wolves LLC.

Public Notices

COMMUNITY SHARP COLLECTION

Brooklyn Gardens is accepting used sharps form the community. Sharps include needles, syringes, and lancets and must be in an appropriate puncture proof container, such as sharps containers, closed bleach bottles or closed laundry bottles. Containers must be securely covered, labeled, and dropped off on the 1st Tuesday of the month between 10am-2pm and/or the 3rd Thursday from 5pm-8pm at the security desk.

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GAMES

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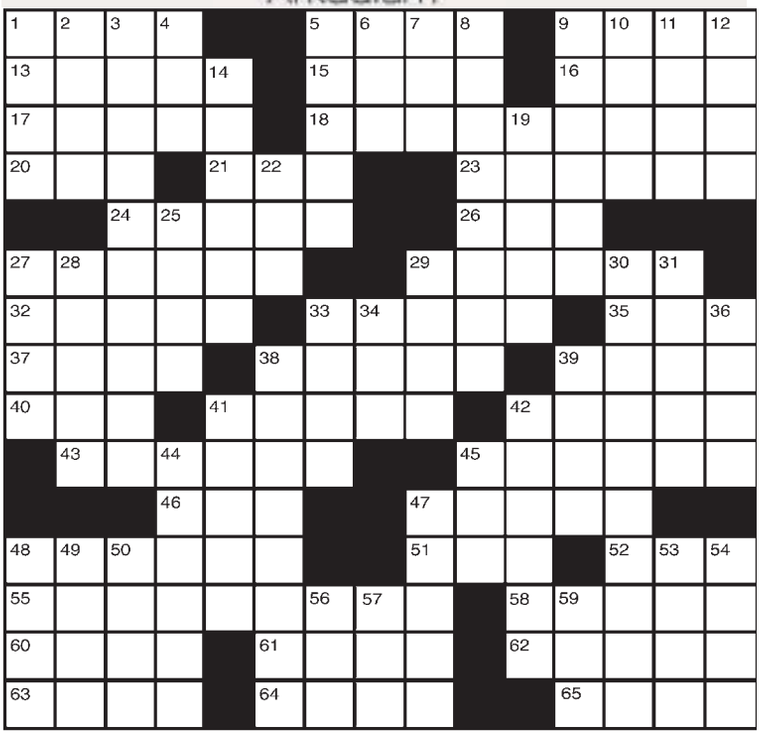


BY TCA

ACROSS

1 Arrestee's hope
5 Go no further
9 Cookware
13 __ up; admitted
15 Hideaway
16 Location of Waikiki Beach
17 Numerical comparison
18 Boundless
20 Pupil's place
21 Henpeck
23 Prepares spuds
24 Approaches
26 Dessert choice
27 Manor & the land around it
29 Lunchtime
32 Ill will
33 Leg parts
35 Pea casing
37 __ and cons
38 For the time __; temporarily
39 Unnecessary hubbub
40 Japan's dollar
41 Dish
42 Sits for an artist
43 Great respect
45 "__ House on the Prairie"
46 "For __ a jolly good fellow..."
47 Pink or purple
48 "Do unto __..."
51 Pointed tool
52 Two months from now: abbr.
55 Italian & Ranch
58 Plato's "A"
60 Urgent
61 Kitchen recess
62 Place to get clean, for short
63 Cries
64 Classic Pontiacs
65 Danson & Turner

DOWN

1 Dull speaker
2 Out of town
3 Objectives
4 Fragrant neckwear
5 Punches
6 Fawn's color
7 Lubricate
8 Overusing the mirror
9 Self-confident
10 Sworn statement
11 You, to Shakespeare
12 Lather
14 Give generously
19 Housekeepers
22 "You __ My Sunshine"
25 Consumes
27 Catch sight of
28 Shopping __; buyer's binge
29 "__ eyes have seen the glory..."
30 Punctuation mark
31 Alpine goatherd's song
33 Stitched joining
34 Batter's delight
36 Prescribed amount
38 Opposite of a curse
39 Oz visitor
41 Looks through a keyhole
42 Supporting post
44 Graduate assignments
45 Feeling blue
47 Barrels for liquids
48 Chances
49 The Bee Gees or Nirvana
50 Rosemary, for one
53 African nation
54 Keep __ on; watch carefully
56 As likely as __; probably
57 Ooze
59 Allow

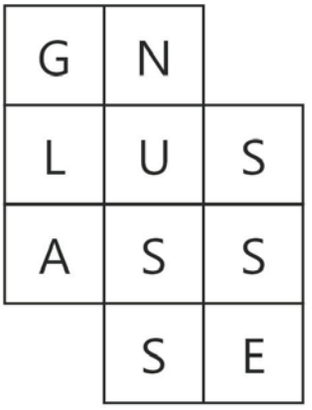
metro.us/wordsearch

P	R	O	V	I	D	E	N	C	E
M	L	O	V	E	C	R	A	F	T
O	C	O	S	M	I	C	I	S	M
U	H	L	U	H	T	C	D	E	E
N	E	Y	S	A	T	N	A	F	W
T	C	D	O	I	S	T	A	R	O
A	E	A	O	K	C	F	I	Q	D
I	Z	N	R	O	H	T	U	A	A
N	M	A	D	N	E	S	S	K	H
S	D	J	A	R	K	H	A	M	S

Arkham
Author
Cosmicism
Cthulhu
Dark
Fantasy
Fiction
Lovecraft
Madness
Mountains
Providence
Rats
Shadow
Weird
Writer

metro.us/wander

Category: At the Beach



Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

	4	7			3	8		5
		2		7			1	
		1	9			2		
			3		2	9	5	
	3		7		9		8	
	1	9	6		5			
		8			7	5		
	2			6		1		
6		3	4			7	2	

Yesterday's Answers

W	O	O	D		R	A	B	B	I		R	O	T	S	
R	U	S	E		A	B	O	I	L		O	A	H	U	
A	R	C	S		R	A	T	T	L	E	T	R	A	P	
P	S	I		D	I	S	H			M	A	S	T	S	
		L	O	A	T	H			P	I	T				
H	I	L	A	R	Y			A	L	L	E	N	S		
O	R	A	T	E		C	A	R	E	Y		A	U	G	
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A	T	E		P	U	M	A	S		C	A	I	N	E	
	E	S	C	A	P	E			E	U	L	O	G	Y	
		A	L	S			G	R	E	E	N				
C	H	O	R	E			P	A	N	S		W	I	N	
L	O	W	P	R	O	F	I	L	E		D	I	R	E	
A	B	L	E		F	R	E	E	S		O	D	O	R	
M	O	S	T		F	I	R	S	T		S	E	N	D	

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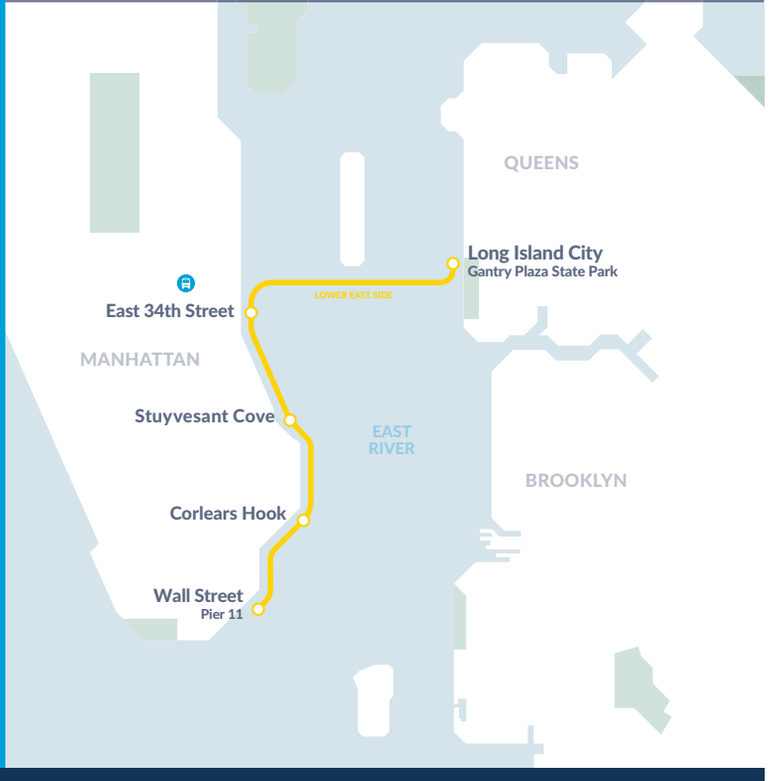

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